**Pita**

**Ingredients:**

1 cup warm water

2 tsp. active dry yeast

1 cup whole wheat flour

1 ½ cups AP flour (plus extra to roll out the dough)

2 tsp. salt

1 Tbsp. olive oil

Soybean oil for cooking

**INSTRUCTIONS**

**Day 1:**

1. Pour the water and the yeast into the KitchenAid bowl. Let sit about 5 minutes.
2. Add both of the flours, then salt, then olive oil. Mix together until a soft dough forms.
3. Turn the dough out onto a floured surface and knead for about 5 minutes.
4. Spray a bowl with pan spray. Put the dough in the bowl and loosely wrap with plastic wrap. Label and put in the cooler.

**Day 2:**

1. Turn the dough out on to a floured surface and press down.
2. Cut the dough into 8-9 equal pieces.
3. Using a rolling pin, roll each of the pieces out into discs about ¼ inch thick.
4. Get a sauté pan that is big enough to hold one of the rolled out pieces of dough, and heat it up on medium-high.
5. Put 1 tsp soybean oil in the pan. Add one of the raw pita.
6. Cook for about 30 seconds, or until you see bubbles forming in the dough.
7. Flip and cook for 1-2 minutes. Check it to make sure it isn’t burning.
8. Flip it again and cook for another 1-2 minutes. Check it to make sure it isn’t burning.
9. Repeat with other pita, adding oil as needed.